

IT'S ALL CONNECTED

ISSUE 313 SEPTEMBER 2017

100% CANADIAN

SINCE 1982

common ground

FREE MAGAZINE

VIFF organic

Climate arson

Pure water for life

Our home ON native land

William Shatner

BC's mental health maze

Bob Turner, one cool guy 1944-2017

Houston we have a problem

Helping people attain optimum health.

cleanse • replenish • revitalize

Megahome Water Distiller



Patented Insoles

Radiant Health Sauna



Structured Water Units



Amethyst Bio-Mat



Forever Alkaline Water Stick Purifier

Who shops at Triangle?
People who want to transform their health

Springless Mini Trampoline



Kenrico Lifetime Ion Shower Head



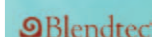
SpinaliS chairs



The Real Champion of Juicers



New Designer Series Blender



250.370.1818 | 1.888.370.1818 | 770 Spruce Avenue, Victoria | www.trianglehealing.com

Triangle Healing offers an amazing range of well-researched products that enhance well-being!



The Institute of Holistic Nutrition
THE INDUSTRY LEADER IN TRAINING
NUTRITION PROFESSIONALS

OPEN HOUSE

Relax, Enjoy Refreshments & Attend Complimentary Lectures
2017

SATURDAY NOVEMBER 11th 9am - 5pm

Vancouver Campus, 604.558.4000

604 West Broadway, Suite 300 (one block west of the Cambie & Broadway skytrain station)

9:30-11:00 am IHN's Diploma Program Overview in Applied Holistic Nutrition:
Courses, Certification, Faculty, Admission Requirements, & Campus Culture
With Campus Manager & Program Advisor Joshua Fujimagari HBBA

11:30-1:00 pm Fitness & Sports Nutrition:
Optimal Nutrition for Effective Weight Loss
With Rachel Greenwood BSc, MSc, CNP

1:30-3:00 pm Nutritional Pathology:
Integrative Approach To Cancer Care
With Dr. Rigobert Kefferputz B.Sc. ND

3:30-5:00 pm Advanced Nutritional Symptomatology:
Hormonal Connections – Putting Your Health Picture Together
With Angela Wright BSc, CNP, RNCPI/ROHP

Natural Health Exhibit | Book Sale | Live Blood Cell Microscopy Sessions | Door Prizes | Info on Courses / Curriculum

www.instituteofholisticnutrition.com

**NON-TOXIC
DRYCLEANING**



*Water-based
cleaning*

No perchloroethylene

**4050 Cambie St @ 25th
www.helpinghandcleaners.com**

for cleaning pickup call:

604-876-5399

**steps away from
King Edward Skytrain Stn!**

Mayday!

Houston, this is Spaceship Earth We have a problem

by Bruce Mason

It was a summer of fire, smoke and hard rain. Of nightmarish hurricanes and awakened dead reckoning. All connected and predictable, in fact, meticulously forecast for decades. Equally predictable is how quickly we forget the lessons and how easily we fall into death traps, exacerbating rather than mitigating. And it's all down to a tiny, but global, cabal of fossil fools and liars and their financiers, followers, cheerleaders and enablers.

In late August, the real costs and consequences of inaction were on full public display, complete with smoking guns and dark, watery scenes of crimes against Nature, as fires and floods increased exponentially.



“Global warming” has morphed into “climate change” and “climate sceptics” have become “climate deniers.” It’s now time to call it what it really is: “climate crisis.” The World Health Organization conservatively warns it will be killing millions within a decade.

Surely, it’s time to stop naming hurricanes after people. How about Hurricane Exxon, Koch, Chevron and Shell, amongst the 90 companies responsible for two thirds of human-caused catastrophe? The 1 percent scooping virtually all new income, world-wide, while playing a losing game of chicken with Mother Nature.

Forty years ago they knew and fully understood the science, spent billions on government and so-called Think Tank disinformation, promoting the very technologies warming the planet, making disasters inevitable.

Just as the US National Weather Service introduced new colours on satellite maps to show the unprecedented magnitude of the 50+inch Houston downpour, we must make adjustments to fathom the cataclysmic scale of our collective problems.

“Global warming” morphed into “climate change” and “climate sceptics” have become “climate deniers.” It’s now time to call it what it really is: “climate crisis.” The World Health Organization conservatively warns it will be killing millions within a decade if left unchecked.

It’s tragically ironic that Harvey and its aftermath touched down in Houston, pounding the very centre, and quintessential symbol, of fossil fuel. A handful of scientists huddled in a small section of Mission Control, not underwater, to bring three astronauts – two American, one Russian – back to Earth.

As the trio of anxious space travellers slipped into gumboots on Texas tarmac, stark space images of dystopian flooding and fires were fresh in their minds, including BC’s continuing “season” of 1,000 fires. One million hectares – an area the size of half of Vancouver Island – burned, and in LA’s biggest-ever fire, it was much the same, while deadly smoke eerily returned: Seattle, to Denver, and Greenland, linking up, obscuring, more and more of the planet.

“It looks like an atomic bomb when you see the big billows of smoke,” 150 Mile House fire-chief Stan McCarthy reported, expressing his heartfelt concern for firefighters’ mental health.

The astronauts also witnessed historic rainfall affecting 41 million people in Asia, more in Africa; Europeans dubbed their searing heatwave “Lucifer” and regions of Australia were suddenly uninhabitable. Bangladesh was two-thirds underwater as floods ravaged Northern India, Nepal, the basin of the Himalayas and the financial capital of Mumbai, crossing the border into Pakistan.

Those particular events were all but missed in the America-centric corporate media, not wanting to “politicize” human catastrophe. “Unprecedented” and “record-breaking” became clichés, flavours of the week or hour, amid endless echo-chambers that all regulation is harmful and stunts economic growth.

Instead of clarity, we’re handed a prism of suffering; heroic man vs. nature narratives carved from the rubble, with no view or discussion of causes, let alone policy. Our attention capriciously re-focused on panicked speculation of nuclear war and endless examples of democracy, devolving into distracted idiocracy. Ignorant hubris, staring into an eclipse with naked eyes, praying for blind luck.

As flood waters subside, disease is becoming rampant. Irma has struck and other hurricanes are poised to strike, as more of the West catches fire. We are literally

witnessing the end of the world as we know it. Look around. Where are the birds, insects? Why are trees and plants dying. Five-hundred-year floods don’t necessarily happen once every five centuries. They are events with a one-in-500 chance of occurring in any given year. Houston has now had three in the past three years.

While Fort McMurray burned, Justin Trudeau shilled for his elite donor class, who are now little more than



It’s tragically ironic that Harvey and its aftermath touched down in Houston, pounding the very centre, and quintessential symbol, of fossil fuel.

arsonists. Their disaster capitalism is sure as hell amplifying damage, fundamentally altering everything in its insatiable, predatory path. As a species, we must take hold of our destiny and plan for something infinitely better.

“Talking honestly about what’s fuelling this era of serial disasters –even while they’re playing out in real time – isn’t disrespectful to people on the front lines,” observes Naomi Klein. “In fact, it’s the only way to truly honour their losses, and our last hope for preventing a future littered with countless more victims.”

Pope Francis pleads, in God’s name, “Listen to the cry of the Earth and the cry of the poor, who suffer most because of the unbalanced ecology.” We must re-visit consequence, the only way to break the cycle of ignorance and denial. Stop refusing to hold the negligent accountable, strike back with adequate force at toxic climate denial and corruption. The costs of engaging and heeding scientific guidance are nothing compared to the probability and gravity of coming loss, not even close.

Our strength is collective. It resides in the vast majority of people for whom homelessness is just an injury, an illness, a bad season, bad luck or one pay cheque away. We aren’t as disposable as the 1% treats us. It’s time to fight back against the greed, pipemares and other fossil fuel evils. To stand up for a better BC, in a better world. ■

common ground

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Accounting - Maggie Si
Layout & Production - perubluessky.ca

Contributors:

Robert Alstead, Marie Aspiazu, Dr. Allen E. Banik,
 Alan Cassels, Bruce Mason, Mac McLaughlin,
 Vesanto Melina, Gwen Randall-Young, Joseph Roberts,
 David Suzuki

Editorial & Distribution Inquiries

Tel. 604-733-2215 Toll Free 1-800-365-8897
 Fax 604-733-4415
 Sonya Weir editor@commonground.ca

Advertising & Resource Directory

Joseph Roberts | Tel. 604-733-2215
 joseph@commonground.ca

Events listings: editor@commonground.ca

Classifieds: editor@commonground.ca

Publications Mail Agreement No. 40011171
 Return undeliverable Canadian addresses to
 Circulation Dept., Head office
 ISSN No. 0824-0698

Head Office

Common Ground Publishing Corp.
 3152 West 8th Ave.
 Vancouver, BC V6K 2C3

Reach Common Ground's great audience

Over 250,000 readers per issue.
 Survey shows 3 - 4 readers/copy, plus online at
 www.commonground.ca and our Facebook link.

100% owned and operated by Canadians.
 Published 12 times a year in Canada.

Annual subscription is \$75 (US\$75) for one year (12 issues). Single issues are \$6 (specify issue #). Payable by cheque, Visa, MasterCard, Interac or money order.

Printed on recycled paper with vegetable inks. All contents copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from *Common Ground*. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

features

- 3 Houston, this is Spaceship Earth
We have a problem
Bruce Mason
- 6 The Daisy Project
Alan Cassels
- 7 Pure water is your lifeline
Dr. Allen E. Banik
- 9 Our home on native land
Paul Lemay
- 13 VIFF evolving by involving
Robert Alstead
- 14 Remembering Bob Turner
Joseph Roberts



in every issue

CULTURE

- 13 Bill C-59 will help safeguard privacy
INDEPENDENT MEDIA
Marie Aspiazu

ENVIRONMENT

- 12 Shining bright in darker times
SCIENCE MATTERS
David Suzuki

HEALTH

- 8 Something fishy
NUTRISPEAK
Vesanto Melina

PSYCHOLOGY

- 11 Reinventing your life
UNIVERSE WITHIN
Gwen Randall-Young

STAR WISE

RESOURCE DIRECTORY

EVENTS

CLASSIFIED

Think globally. Act – and vote – locally. That's what you will find on the front (the problem) and back cover (the solution) of this issue of *Common Ground*, and on pages in between. If you want a truly green city, rather than green-washing then vote Green civically. To solve the housing crisis don't let the foxes run the chicken coop, no matter how much affordability-washing window dressing, i.e. don't let big developer money run city hall. Get big money out of politics provincially and in our cities.

As this magazine went to the printers, the world was reeling, staggering from crisis to new crisis, awash in problems to solve. There are the ongoing sabre-rattling, threats made more serious by nuclear weapons, as well as an endless parade of bad actors on the world stage, struggling with lines written for them. Along with some good players in their company, and off-stage, as well. Still it's time to seek out the good, among the bad, and hope amid the despair. September is school time. But this season, like the entire year – especially the summer - is unlike any other. We have new lessons to learn, problems to sort out, people to listen to, new friends to make. Above all we are being challenged to face a global climate crisis, corruption and what can only be called crimes against humanity. Please stand up – fight Kinder Morgan, Site C Dam, toxic fish farms, GMOs and myriad threats to life. Please join others in the *Common Ground* community, put aside any slight differences become part of the movement to move humanity forward. We can – and must – do this. In fact we are made for it. It's not just about climate change, it's about system change and your part in making that happen.

– Bruce Mason



JOY of the MOUNTAINS

Voted #1 Immune Product

For fighting colds, flus and numerous other infections, choose an Oil of Oregano your family can depend on. Joy of the Mountains is voted #1 by Canadian families year after year, because it works. An independent UBC antiviral study confirmed the superior performance of Joy of the Mountains: 2-4x more effective than other leading brands.* The difference? Oregano is all we do! We're committed to creating the very best, whatever the cost, no cutting corners. With today's virulent bugs, we all need a high-performing Oil of Oregano. Trust Joy of the Mountains when your health is on the line.



- ✓ Organic
- ✓ Vegan
- ✓ Non - GMO
- ✓ Soy Free
- ✓ Gluten Free
- ✓ Chemical Free

joyofthemountains.com

Available in natural health food stores, select grocery stores and pharmacies.

*Reference: Anti-Influenza virus activities of commercial oregano oils and their carriers. Journal of Applied Pharmaceutical Science 2012; 02(07) 214-18.

TRUEHOPE
Naturally
committed to improving lives.



Life Changing Products

At Truehope we are not as interested in selling products as we are in providing meaningful life change. As such, we are committed to only providing products to the Canadian market after they have proven to substantially benefit the lives of those that have put them to the test. The launch of Truehope BMD is no exception. After nearly 20 years of observing the dramatic life changes that Truehope EMP has provided in brain health, we decided to apply the same proven and proprietary production methods to create a bone mineral supplement. The outcome...a mineral supplement that is properly balanced, extremely bioavailable and in our observations goes well beyond simply assisting in the development and maintenance of strong bones and joints.

Advance your journey to wellness today and see what your body can do when supplied with the exceptional nutrients found within Truehope BMD!



@truehopecanada truehopecanada.com



The Daisy Project

One woman's inspiring journey through BC's mental health system maze

When you spend as much time as I do reading medical literature, parsing studies and thinking about their statistically significant 'findings,' you get a certain view of medicine. Research is not created equal and there is a strict hierarchy of evidence where randomized trials are considered superior forms of evidence in evaluating treatments. Better yet are those meta-analyses; the combined summaries and syntheses of many randomized controlled trials (RCTs) are considered the gold standard in determining if there is 'proof' of a treatment's benefits. At the other end of the spectrum are 'case studies' that may be just the observations of one or several patients. Then there are personal stories which tend to be ignored, dismissed as 'anecdotal' and said to be of limited usefulness.

While I am all for good-quality meta-

analyses, I also think we have a lot to learn by reading case studies and personal stories. They are really important and can be very illuminating, often revealing, in excruciating detail, how our health system works in the real world to help sort out peoples' health problems.

Over the last 20 years or so, I have been contacted by hundreds of people, all with a story to tell, often with an altruistic motive which says, "I don't want others to suffer the way I have." Among those who have called me, those taking statins often ask if their muscle weakness could be due to those cholesterol-lowering drugs. "Likely," I say. Others wonder if their mother's anti-alzheimer's pill could be causing her to feel nauseous. "Probably, yes." Others question the prescription for an amphetamine for their 10-year-old boy who can't sit still (sheesh). These people all have stories to tell and they are rich and rewarding.

What many of these people have in common is that they have been harmed by the treatment they've been prescribed. But what isn't common are those who have gone through terrible medical experiences yet can move beyond the trauma to meaningfully communicate it to others.

Over the last 30 years or so, Daisy Anderson has seen 18 different psychiatrists, been prescribed more than 30 different medications, was given electric shock treatments, been hospitalized repeatedly and faced the stings of rejection and isolation. With an admittedly difficult childhood, marred by various types of abuse, she documents her slow journey through BC's mental health system in incredible detail. Her story, just published in the book, *The Daisy Project: Escaping Psychiatry and Rediscovering Love*, speaks to those who find themselves navigating what passes for mental health care in BC.

I asked her why she wrote such a book, painfully recalling and documenting her struggles in what seemed like an incredibly uncaring, hostile system. Her answer was simple: she wanted to tell the world when she got better. She didn't like the way she was being treated and she wanted her life back.

The problem, of course, is being diagnosed with a mental illness and trying to get well when it seems everything – including your family, the medical

system and even the lawyers – might be working against you. It means negotiating for yourself and being your own advocate. As Daisy writes, "Disability was about letters, forms and proving that I was extremely ill. It also meant having to ask a hotheaded psychiatrist to write a letter and sign his name."

Over the last 30 years or so, Daisy Anderson has seen 18 different psychiatrists, been prescribed more than 30 different medications, was given electric shock treatments, been hospitalized repeatedly and faced the stings of rejection and isolation.

Thankfully, she did find people along the way, particularly a psychologist, and others who were able to help her. As she writes, "I sought solace from anyone who would listen." A switch happened

Certified Organic

MEATS

PasturetoPlate.ca

PASTURE TO PLATE

PEOPLE • ANIMALS • HEALTHY SOILS

p2p

Grill Broths & Deli

1061 Denman Street

p2p

Whole Animal Butchery

1420 Commercial Drive

p2p

KINIKINIK Restaurant & Lodgings

9391 Hwy 20 Redstone BC

Wild Oil of Oregano

Heddy Wyn Essentials

Wild Mediterranean Oil of Oregano

Nature's Potent Panacea for People and Pets.

Powerful healing for skin problems, stomach and respiratory upsets, parasites, ticks, fungal infections, bacterial/viral infections, immune function and much more. Certified Organic. Your best friend deserves it.

Available at fine health food stores. Learn more at www.wildoiloforegano.com

when she admitted to her very helpful psychologist that “psychiatry may have harmed me.” For her, “it felt like a turning point, a sign of my transformation from an indoctrinated psychiatric patient into a strong independent woman.”

Many of the people who end up in the mental health system are there not because they have a ‘brain disease,’ but because they may have ended up with a diagnosis of ‘anxiety’ or ‘depression,’ which started them down a cascade of anti-anxiety drugs or antidepressants. Daisy’s life might be a testament to what happens to adults who have been through childhood abuse, yet it was the abuse by the mental health system that really slowed her recovery. But Daisy survived the dismissive psychiatrists and their armamentarium of toxic drugs and thrived in spite of them, refusing to accept the view that others had of her. Thankfully, she found a psychologist who “really listened,” helping immensely. Unfortunately, psychological help can be very expensive and not readily available for people on limited means. As to the ‘secret’ of her survival, she told me, “I just had to tell my story.” Being a natural documentarian where her diary was her “release,” her pages and pages of records and copious notes all helped her advocate for herself based on the facts of her own case.

As for getting off drugs, she comments on the system I know about, in which people take prescriptions with very limited ‘informed’ consent. As for all the drugs, she told me, “You need to know a lot and you need to be given time to think about it. You need to be given alternatives and you need to know the problems you will face on the drugs.” For example, you can develop diabetes with the newer antipsychotics, but nobody is typically informed of this or really understands what the full ramifications are of getting a ‘new’ disease. The drugs, she says, are “complicating things immeasurably because the doctors don’t see the side effects or underestimate their effects on one’s day to day living.”

Most people might not know that stopping many psychiatric drugs involves a “withdrawal effect,” which can make them terribly ill. Unfortunately, tapering patients is not a speciality of most doctors and, for Daisy, stopping her benzodiazepines (drugs prescribed for anxiety or sleeping) was difficult. Along the way, she had to research the best ways to do so (discovering the Ashton Protocol) and


take information to her doctors so they could reduce her drugs slowly and safely.

Above all, Daisy’s “project” is a plea for people to be “listened to.” She shows that to improve the care of people with mental health difficulties, the system needs to be adaptive. “Not everyone will benefit from counselling, medication or cognitive behavioural therapy,” she says, but people should be offered these options. “There has to be far fewer medications” and most importantly, she says, people with mental health problems need “someone who can listen and understand.” What also helped her return to health was many of those other things that generally increase our enjoyment in life: yoga, walking, being in nature, belonging to art and craft groups and spiritual practice. “Basically, being in a community of people who accept you as you are.”

I asked Daisy what is causing the growing sense of mental ill health in society and she responded immediately, “Lots of people go through tough times. But when you lose your husband, etc, you may need support, but you don’t need medication.” She adds, “Sometimes, we get blamed for being sick when, in fact, society is doing it to us.” For her, the solutions are complex, but she emphasizes going to the root: “The first thing we need to do is care for our children... but don’t blame parents.”

The new NDP government created a new Ministry of Mental Health and Addictions to deal with the issues. According to the Ministry, “One in five British Columbians will be affected by a mental health and/or substance use problem this year.” Minister Judy Darcy received a ‘mandate’ letter from the new premier which stated that her job, in part, was to “guide the transformation of BC’s mental-health-care system” and to “focus on improving access, investing in early prevention and youth mental health.”

I’m hoping Judy Darcy will have people like Daisy Anderson advising her.

EVENT: September 14, 7PM: Vancouver book launch of *The Daisy Project: Escaping Psychiatry and Rediscovering Love*. At the Unitarian Church of Vancouver, 949 West 49th Ave. All are welcome. Free. 

Alan Cassels writes about pharmaceutical policy in Victoria and is the author of **Seeking Sickness: Medical Screening and the Misguided Hunt for Disease**. www.alancassels.com

Pure water is your lifeline

by Dr. Allen E. Banik

The secret of longevity

There are at least nine different kinds of water. Some kinds can harden your arteries, form gall stones and kidney stones, bring on early senility... Other kinds of water work in reverse. What one type of water carries into the system, the other carries out. Let me classify these nine kinds of water. They are hard water, raw water, boiled water, soft water, rain water, snow water, filtered water, de-ionized water and distilled water. All are kinds of water, but remember this; only one of these nine kinds of water is good for you: distilled water.

Distilled water is water which has been turned into vapour so that virtually all its impurities are left behind. Then, by condensing, it is turned back to “pure” water. Distillation is the single most effective method of water purification. It is God’s water for the human race. In a manner of speaking, distillation is nature’s way. The weather of the world is created in the tropics where half the heat reaching the Earth falls on land and water masses. Here, heat energy is stored within water vapour through the process of evaporation, nature’s distillery. When the jet streams return ocean water to inland areas, they do so without sea salts and minerals, all of which have been left behind.




Distilled water is water which has been turned into vapour so that virtually all its impurities are left behind.

Nature’s natural distilling plant

Distilling water turns it into vapour and then through condensation back again into pure water. Rising vapour cannot carry minerals and other dissolved solids; it will not carry disease germs, dead or alive. The secret is that the vapour rises between all the suspended particles and chemicals in the air. When this condensation occurs as falling rain, it picks up airborne pollutants. Not so in a vented distiller where most of them are eliminated. If pure distilled water is boiled in a teakettle, no calcium or minerals of any kind will collect to coat the inside of the kettle even though you used the same kettle for 10 years.

Distilled water, then, is water of the purest kind. It is odourless, colourless and tasteless.

In the human body, water fills similar functions. It regulates the temperature of the body by helping take off extra heat resulting from an intake of some 3,000 calories of food each day. Water keeps the body from burning up. It carries waste products from the body. Distilled water acts as a solvent in the body. It dissolves food substances so they can be assimilated and taken into every cell. It dissolves inorganic mineral substances lodged in tissues of the body so that such substances can be eliminated in the process of purifying the body. Distilled water is the greatest solvent on Earth... By its continued use, it is possible to dissolve inorganic minerals, acid crystals and all the other waste products of the body without injuring tissues.

For purification, distilled water is the solvent of choice. Remember that great scientists now not only admit, but assert, that all old age, and even death – unless by accident – is due to waste poisons not washed out of the body. The legendary Dr. Alexis Carrel made heart tissue apparently immortal by regularly washing away the wastes of the cells. 

Excerpted from **The Choice Is Clear** by Dr. Allen E. Banik, an optometrist who caught the attention of Art Linkletter for his insatiable quest for knowledge and an intense desire to trace all chronic and fatal diseases to a common cause. Dr. Banik’s life spanned 1901-1992 (91-years-young).

TRAIN for a CAREER as a CERTIFIED NUTRITIONAL PRACTITIONER!



Earn a Diploma in Applied Holistic Nutrition

**Achieve the accreditation of
Certified Nutritional Practitioner (CNP)**

**Qualify for the
professional designation of
Registered Orthomolecular
Health Practitioner (ROHP)**

Full & Part-time Programs

Professional Co-op Placement

Continuing Education

Student Clinic

Heather Allen, CNP, 2014 Graduate ▶

“The invaluable knowledge I gained at IHN gave me a true understanding of what it takes to create the beautiful portrait that is vibrant health.”



Next Semester Begins January 2018



The Institute of Holistic Nutrition
THE INDUSTRY LEADER IN TRAINING
NUTRITION PROFESSIONALS

**604.558.4000
Vancouver Campus**

604 West Broadway Suite 300
Vancouver, BC V5Z 1G1
(One block West of Cambie & Broadway)

www.instituteofholisticnutrition.com

Nutrispeak Vesanto Melina

HEALTH



Something fishy

Fish has long been viewed as an ideal protein source and *the* significant source of long-chain omega-3 fatty acids such as DHA. Health authorities have sometimes advised people to consume at least two servings of fish per week.

Globally, an estimated one trillion fish are caught each year, excluding illegal catches and bycatch. About half of the commercial fishing industry targets wild fish and other aquatic animals and half relies on “farms.” Concerns about both sectors grow each year. This article features wild sea life. Next month’s topic is fish farming.

Overfishing is rapidly devastating marine ecosystems. Experts predict that, if current trends continue, by 2048 there will be a global collapse of all stocks currently fished. Sea lice and other infections from farmed salmon have an impact on numbers and global warming is changing habitat; for example, aquatic temperatures in the Strait of Georgia and Fraser River are one and a half degrees warmer than 50 years ago.

**If current trends continue, by 2048 there will be a
global collapse of all stocks currently fished.**

Bottom-trawling – dragging huge nets with metal plates and metal wheels – along the ocean floor is the underwater equivalent of clear-cutting. It is like bulldozing entire communities and it is wasteful. For example, shrimp trawlers kill up to 20 pounds of non-target marine life for every pound of shrimp plucked from the trawling net. The creatures trapped inside the nets are dragged upward, along with rocks, coral and other fragments of ocean habitat. They experience rapid decompression, causing vital organs to rupture. This bycatch, including sea turtles, dolphins, sharks and numerous other species, is commonly tossed overboard.

Long-lining uses one or more main lines from which dangle short branch lines with hooks at the ends. Lines can be as long as 75 miles and hold hundreds or thousands of baited hooks, set at varying depths depending on target species. In addition, other animals are hooked. This industry is notorious for the deaths of millions of birds, dolphins, sharks and turtles, all of which (along with the fish) can be dragged behind a boat for hours or days.

Gill-netting uses huge floating nets with mesh, sized to snare the target species. Targeted fish become trapped by their gills and nets are often left unmonitored for long periods so trapped fish can slowly suffocate.

Purse-seining also employs a large net like a purse with a giant drawstring rope that is hauled to the surface. Dolphins are commonly trapped and can drown. Fish are often still alive and conscious when they’re pulled on deck to be gutted.

Fortunately, those who like the flavour of seafood can still enjoy it without supporting environmental damage and cruelty. Products similar to breaded filets and crab cakes are now made from pea or soy protein and the textures and flavours are good. Examples include Sophie’s Breaded Vegan Fish Fillets, Toona and crab cakes and Gardein’s Golden Fishless Filet, available at www.vegan-supply.ca (250 East Pender St. in Vancouver). Whole Foods and Choices carry Gardein’s Fishless Filets. And you can get DHA (in supplement form) from the same source that fish use to get their DHA: microalgae. Just Google “Vegan DHA.”

EVENT: September 29, 7:15: A presentation by Nic Waller about aquatic animals and what options we have. A shared evening of snacks and great company. Check out www.meetup.com/MeatlessMeetup/events/242482062/

Vesanto Melina is a Vancouver registered dietitian and co-author of award winning books on plant-based nutrition. Visit www.nutrispeak.com. Email: vesanto.melina@gmail.com

Our home *on* native land

Why BC's First Peoples should have the right to directly elect their own MLAs



William Shatner Sings *O Canada* directed by Jacob Medjuck, produced by Paul McNeill. Photo credit: Jordan Ancel 2011, all rights reserved. Link to NFB video: www.nfb.ca/film/william_shatner_sings_o_canada/

Remember when William Shatner narrated his own playful version of *O Canada*, suggesting “Our home and native land” be converted to “Our home *on* native land”? At the time, he got more than a laugh. He reminded us that Canada was largely built on stolen land.

Despite treaties feebly asserting narratives to the contrary, backed by courts representing the conquering side, as Leonard Cohen might have sung, everybody knows the deals were rotten. They were perpetrated under the guise of a nobly-intentioned British Empire “burdened” by a moral obligation to *civilize* a largely

uncivilized world populated by “primitive peoples.”

Today of course, we know better. We can readily see through the myth-making political spin of yesteryear, and in doing so, we take moral comfort in our more sophisticated political knowledge and think ourselves superior to our forebears. But are we really?

Sure, the Government of Canada sponsored its own version of a Truth and Reconciliation Commission, but it came nearly 20 years after South Africa's own commission on apartheid. And yes, Canada signed the UN Declaration on the Rights of Indigenous Peoples in 2016, but it came nine years after it was originally endorsed by the majority of the world's nations. And yes, Canada commissioned a national inquiry into Missing and Murdered Indigenous Women, but only after years of protests and stalling.

So our track record is pretty clear; when it comes to indig-

enous peoples' issues, we are still slow to act, especially when it comes to settling land title claims. Though many assembling at large social gatherings in Vancouver will utter phrases such as, “We would like to begin by acknowledging we are gathered on the unceded territory of the Musqueam, Tsleil-Waututh and Squamish Peoples,” such phrases are little more than symbolic acknowledgments of the *de facto* state of affairs. While the sentiments expressed may be sincere, what has actually changed?

To date, of British Columbia's 198 or so First Nations, only 16 or 17 treaties have involved the ceding

of any land rights. These deal with territories in BC's northeast, northwest and small portions in the southwest. Vancouver Island alone boasts its own dubious collection of 14 treaties “negotiated” in the 1850s. As for the rest of British Columbia, most of us really do live *on* native land.



If we are truly sincere in our intent to heal our relationship with this land's First Peoples, our generation needs to demonstrate greater effort at tangible redress than what has transpired so far.

If we are truly sincere in our intent to heal our relationship with this land's First Peoples, our generation needs to demonstrate greater effort at tangible redress than what has transpired so far. One place where this can occur is within our still representatively-impaired body-politic. When the incoming NDP government enunciates its Speech from the Throne this month, which is widely expected to contain a promise to move swiftly on the topic of electoral reform, it should enfold within it some effort to mend our society's still damaged relationship with First Nations peoples. Here's one place they could start.

Owing to the new government's intent to incorporate some measure of proportional representation by the next election, the BC Legislative Assembly could reserve a number of legislative assembly seats exclusively for Indigenous representatives. Since BC's Indigenous people comprise 5.4% of BC's overall population, according to 2011 Stats Canada figures, given the 87 seats in the current *continued p.14...*

The Greatest Moment in History has arrived...

MAITREYA, THE WORLD TEACHER FOR ALL HUMANITY IS HERE!

VERY SOON NOW, the enormous changes caused by revolutionary world events will call forward His participation in a more open manner. On this 'Day of Declaration,' people will experience the fullness of their own divine nature as His Blessings and Love pour out, embracing humanity.

Discover more about this spectacular event
and why the future is, indeed, bright!

1-888-278-8272
Share-International.ca

VPL, Peter Kaye Room, 350 W. Georgia
Free multi-media presentation
7 pm — Thursday, Sept. 28th



Real Raw Food

Distributor of Organically Grown Truly Raw Foods

WHOLESALE TO EVERYONE

Truly raw-nuts, seeds, dried fruit, cacao, herbs, seaweeds, coconut, candida killer that works, fermented rolled oats, colloidal silver & more.

www.realrawfood.com

Call 250-496-5215 • Naramata, BC



Mac McLaughlin

ZODIAC

StarWise

September 2017

IN THE COMBINED July/August column, I predicted it was going to be a very hot summer regardless of the weather and that has certainly proved itself out. We get all wound up regarding Mercury retrograde times in which communications, plans, negotiations and schedules go haywire. Mercury stops and goes direct motion on September 5, right on Donald Trump's ascendant. The ascendant is a most sensitive point in any horoscope. Mars, the planet of exploration, courage, valour and bravery on the positive side of the coin, and war, anger and violence on the other side, accompanies Mercury and these two planets do not mix well at all. There's bound to be trouble and controversy. Remember the great American eclipse on August 21? It occurred at 28 degrees of Leo – Trump's ascendant – which is where Mercury and Mars meet up. That point is a cosmic hotspot, soaked with the fuel of frustration, irritation and anger and it won't take much to set the whole thing ablaze. Let's hope it's a blaze of awareness, consciousness and love.

To add to the mix, Mercury forms a triangle with its higher octave planet Uranus, which will pan out in the form of epiphanies, brilliant strategies and powerful movements with masses of people involved. Later on in the month, we have a Jupiter/Uranus opposition that will be in play until mid-October. Anything goes with this wild-card combination of planetary influences. How about a revolution? Certainly, a revolution in consciousness is way overdue. There are so many bright and brilliant people out there that know that things must change, and change now.

We're all on the same planet with the same blood in our veins. All of us are born the same way and estranged from the higher aspects of love and enlightenment. We need love and lots of it. One day, this planet will be run by highly enlightened souls that are fully conscious and endowed with the power of love and wisdom. Let's start this party now. Let's move the neanderthals out of the way along with all their greedy, warmongering friends. We have the power of God's love with us, and as my great Guru Param Sant Kirpal Singh Ji Maharaj has said, "The golden age will not fall out of the sky, but will come from men's hearts." It's a wake up call folks, and not from the nightmare of war and violence, but of love, light and caring for one another. I'm down with it, are you? Can you love me? I love you.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.



ARIES Mar 21 - Apr 19

Pay close attention to your dreams on September 9. Actually, all kinds of powerful information could be flowing through your consciousness from September 7 to 9. If you're feeling restless, consider it a good thing. Sometimes, we need to be shaken up a bit in order to shake off the old and get on with the new.



TAURUS Apr 20 - May 21

Your solar fifth house of entertainment and romance is strongly activated in September. The fifth house also rules over business adventures, gambling and creative endeavours. Embrace it all and enjoy all that life has to offer. Before you do too much embracing though, know that things are not as they appear to be, especially on September 29.



GEMINI May 22 - Jun 20

Home, family, land and real estate are hot topics throughout the month. It may be time to buy, sell or renovate. Speaking of renovations, it might be high time for some internal renos. The stars are calling for it and it is always best to stay abreast of what the stars decree.



CANCER Jun 21 - Jul 22

Your creative juices may be flowing as all kinds of ideas and epiphanies come your way. You might need to get any type of impediment regarding your overall health out of the way first. The stars are indicating it is time to take a long, hard look at everything and anything that needs healing.



LEO Jul 23 - Aug 22

Love has a beginning, but no ending. Love should always increase, but never decrease. Now, the love planet Venus visits Leo until mid-month after which it enters your house of personal values and earning capacity. It's time to dig deep and get to the truth of what is what and what is real.



VIRGO Aug 23 - Sep 22

The full Moon on September 6 will bring light and awareness. Actually, September 4 to 7 are very dynamic days and nights. Try to remember your dreams and pay attention to psychic impressions that come your way on these days as well. September 17 to 20 are dynamic days in which a new start is indicated.



LIBRA Sep 23 - Oct 22

An energy shift takes place on September 22. The autumnal equinox affects the magnetism of the Earth and it most likely will affect your magnetism as well. Important shifts in consciousness take place for those sensitive enough to pick up on them. September 21 and 22 are days in which unique and interesting news arrives.



SCORPIO Oct 23 - Nov 21

Scorpio people are very keen on the power of the collective. Not only keen on collective power, but many Scorpio types love to be at the head of whatever is going on. They love to run the show. September offers up myriad opportunities to get together with like-minded souls, groups and affiliations of all sorts.



SAGITTARIUS Nov 22 - Dec 21

Saturn, which rules falls from high places, lingers in Sagittarius for a few more months. My Sagittarius neighbour fell off his ladder and my Sagittarius grandson fell off of his motorbike. Both are licking their wounds. Brighten up; they're all good lessons learned in the school of hard knocks. Career opportunities may manifest this month.



CAPRICORN Dec 22 - Jan 19

Spirituality, philosophy and all matters to do with travel and education come into play now. Overall, this is a time of transition and regeneration. It's a long-term thing and not something to be worried about. The main theme is continuing to let go of the past, enjoying the present and embracing the future.



AQUARIUS Jan 20 - Feb 19

Oh, what a trail we have left behind throughout the ages. It's nearly overwhelming to even consider how long our soul has existed and how many times you have reincarnated on this planet. Heavy and heady as it is, you might be interested in delving into the deeper waters of the soul's existence now.



PISCES Feb 20 - Mar 20

The full Moon on September 6 occurs in your sign. The Moon conjuncts with Neptune opening up a channel of awareness and connectedness with your higher self. Pay attention to all that comes to pass from September 4 to 7. Love, forgiveness, kindness and gentleness will get you to where you want to go.




Retreats

Krishnamurti Educational Centre of Canada
in a beautiful ocean-front setting near Victoria, BC

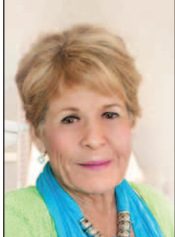


Sept 22-24 Death & Rebirth Beyond Time
with Richard Waxberg & Deborah Kerner



Nov 24-29 A 5-day Healing Intensive
with Scott Kiloby (www.kiloby.com)

REGISTER NOW
www.krishnamurti-canada.ca 250-744-3354



Universe Within Gwen Randall-Young

PSYCHOLOGY

Reinventing your life

Life isn't about finding yourself. Life is about creating yourself.

— George Bernard Shaw

Perhaps your life has not gone as planned. Perhaps it did, but you are not sure that the plan is what you want anymore. Change can be hard. I often have clients that are dealing with major change and frequently the change is not of their own choosing.

What I see is that the old life, in some significant way, is gone. It may be the death of someone close, the ending of a relationship or job, a financial setback or a health crisis. In most cases, there is a longing for the return to the old life, a wish to wake up and find it was all just a dream. This is normal.

However, when the longing and resistance to change persists, over time, it prevents one from moving on. I picture it like this: you have been moved to a new house but you do not furnish it or put up pictures because you are focused on the old house and you want it back. You are not really even living in the new house, but rather merely existing. You do not plant flowers or even get to know your neighbours or the neighbourhood.

**Notice nature, the sky, the earth and the stars. Feel your
breathing and the beat of your heart. You are alive.**

You realize you cannot go back, yet you spend time thinking of the old life, replaying memories and asking “Why,” but this leaves you sad and depressed. The only way to move forward is to look at this new house and start figuring out how you can make it a good place for you.


With big life changes, it is important to access resources. These include friends, family, helping professionals and perhaps accountants and lawyers. Recognize that so many others have been in your shoes and have survived.

You may feel you have lost a big part of yourself, but you are still here! There may be a void caused by the changes, but look at that as a blank canvas on which you can begin a new painting. What can you do with your time now that things are different?

With the busyness of modern life, many find they have lost touch with who they really are. It is easy to get so wrapped up in the context of our lives that we lose touch with who we are at the core of our being.

Think of the things you once liked to do. Are there books you simply have not had the time to read? Is there music you love, but somewhere along the way stopped listening to it? Are their friends or family you have not seen in a long time? Many of them would be delighted to re-establish contact with you. Are there things you have always wanted to try but never did? A new interest, hobby or activity can invest you with a lot of new energy.

Yes, some things will never be the same, but that is true of all of life: everything changes. It is okay to look back now and then, but keep your eyes open to what is in front of you. Be in the moment rather than in the past. Notice nature, the sky, the earth and the stars. Feel your breathing and the beat of your heart. You are alive. You need to live.

Remember the words of Max Ehrmann: “You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.” 

Gwen Randall-Young is an author and psychotherapist in private practice. For more articles and information about her books, “Deep Powerful Change” hypnosis CDs and “Creating Effective Relationships” series, visit www.gwen.ca. ‘Like’ Gwen on Facebook for daily inspiration.

Energenesis Institute John W. Davis

presents

BREATH, BODY, AND ENERGY WORKSHOPS

Eagle Power Retreat House, Birch Bay, Washington

BREATH AS A PATH TO FREEDOM - SAT. SEPT 23RD

BODY FREEDOM AS A PATH TO CONSCIOUSNESS - SAT. OCT 21ST

SUBTLE ENERGY & THE BODY ELECTRIC - SAT. DEC 2ND

To RSVP, more info, and private sessions:

energenesis.net or 509-435-7920



BECOME A CERTIFIED LIFE COACH or EXECUTIVE COACH

Our 2 day intensive course will teach you everything you need to know to succeed. All Certified Coaches Federation™ graduates also receive admission (at no additional cost!) to our 1 year CCF Continuing Education Program!

Only Certified Coaches Federation™ graduates earn the esteemed Certified Life Coach Practitioner™ designations!

REGISTER TODAY:

**December 2-3, 2017 – Vancouver, B.C.
Century Plaza Hotel & Spa**

866-455-2155 or 403-389-1190

www.certifiedcoachesfederation.com | abe@certifiedcoachesfederation.com



1-Year Shamanic Training

Vancouver Shamanic Power Initiations Program starts OCTOBER 27

Free Open Houses

Experience a Shamanic Power Initiation!

Vancouver Sept 14, Oct 11

Calgary Sept 7

Toronto Sept 14, Oct 11

Edmonton Sept 11

Online Oct 3 & 17

Onsite open houses begin at 7:30pm
Online open houses begin at 7pm (PDT)

All Welcome! RSVP to info@shamanicmedicine.ca

www.shamanicmedicine.ca



Shining bright in darker times

Are we entering a new Dark Age? Lately, it seems so. News reports are enough to make anyone want to crawl into bed and hide under the covers. But it's time to rise and shine. To resolve the crises humanity faces, good people must come together.

It's one lesson from Charlottesville, Virginia. It would be easy to dismiss the handful of heavily armed, polo-shirted, tiki-torch terrorists who recently marched there if they weren't so dangerous and representative of a disturbing trend that the current US president and his administration have emboldened.

Racism, hatred and ignorance aren't uniquely American. Fanatics acting out of fear... are everywhere. But whether they're religious or political extremists or both, all have much in common. They're intolerant of other viewpoints and try to dehumanize those who are different; they believe in curtailing women's and minority rights even though they claim to oppose big government; they espouse violence; and they reject the need for environmental protection.

Charlottesville was a tipping point, not so much because hatred and ignorance were on full display (that happens all too often), but because so many people stood up and spoke out against it and against President Donald

Trump's bizarre and misguided response.

The effects spilled into Canada, most notably with the implosion of the far-right and misnamed media outlet, The Rebel. The online platform, born from the ashes of the failed Sun News network, is a good illustration of the intersection between racism, intolerance and anti-environmentalism. Rather than learning from Sun News's failure that racism and extremism are unpopular and anti-Canadian,

We must show those who want to bring us down or take us back to darker times that we outnumber them by far, everywhere.

Rebel founder Ezra Levant ramped up the bigoted and anti-environmental messaging, with commentators ranting against feminists, LGBTQ people, Muslims and Jews (Levant is Jewish), along with rejecting climate science and solutions to environmental problems!

The Rebel's Faith Goldy was at Charlottesville, sympathetically "reporting" on the band of mostly male white extremists. When a racist drove his car into a crowd of anti-Nazi protesters, killing 32-year-old Heather Heyer

and seriously injuring others, it was too much for some of Levant's long-time supporters.

Rebel staff and commentators, including a co-founder, cut their ties. Norwegian Cruise Line cancelled a scheduled Rebel fundraising cruise, hundreds of advertisers pulled out and principled conservatives dissociated themselves. Trying to salvage the site's ragged reputation, Levant fired Goldy.

Meanwhile, the White House is in disarray and [doing] damage control around the president's unhinged tweets, the ongoing Russian-influence investigation, constant firings, including chief strategist Steve Bannon, and legislative paralysis, not to mention a stupid belligerence that brought us to the brink of nuclear war!

At first, it appeared the tide of intolerance, emboldened racism and anti-environmentalism was rising, but now it's looking more like the last desperate efforts of a minority of small-minded people... Canada and the US have checkered racist and colonialist pasts, but for all our faults, we've been evolving. Thanks to many people with diverse backgrounds from across the political spectrum who have devoted themselves to civil rights, feminism, Indigenous causes, LGBTQ rights, the environment and more, we've made many gains. We have a long way to go, but we must

keep on and not let fear, hatred and ignorance block our way.

If we and our children and their children are to survive and be healthy in the face of crises like climate change and terrorism, we must stand together in unity and solidarity without fear. Like the many who gathered in Barcelona the day after recent horrendous terrorist attacks, the people who stood up to racists in Charlottesville, those who reject the anti-human agendas of media outlets like The Rebel and the many people worldwide who march and speak up for climate justice, we must come together to shine a light on the darkness.

We must use our voices, actions and humour to confront these anti-human undercurrents. We must confront our own prejudices and privilege.

Love conquers fear and hate. We must show those who want to bring us down or take us back to darker times that we outnumber them by far, everywhere. <

David Suzuki is a scientist, broadcaster and author. Written with contributions from David Suzuki Foundation senior editor Ian Hanington. David Suzuki's latest book is **Just Cool It!: The Climate Crisis and What We Can Do** (Greystone Books), co-written with Ian Hanington. Learn more at www.davidsuzuki.org



"Your body is the best technology on the planet. Use it as the vehicle to transform your mind and access your innate wisdom."

Tickets: www.tulkulobsangna.org

TUMMO & BLISS

The Great Methods of Tantrayana Buddhism Taught by Tulku Lobsang

RETREAT **TUMMO: INNER FIRE**

Friday, Oct 6 - Monday, Oct 9

\$700, all inclusive

Loon Lake Retreat Centre | Maple Ridge, BC

PUBLIC TALK **BLISS: A DIRECT PATH TO AWAKENING**

Wednesday, October 11

7:30 - 9 PM | \$20

Norman Rothstein Theatre | Vancouver, BC

WORKSHOP **BLISS MEDITATION**

Thursday, October 12

10am - 4pm | \$75

Mountain Rain Zendo | Vancouver, BC

Tulku Lobsang is a man that bridges worlds. Deeply rooted in Buddhist Tantrayana, Bön and a Doctor of Tibetan Medicine, he travels the world sharing ancient wisdom and methods to improve our modern lives. As founder and director of Nangten Menlang International, his aim is to awaken each of us to our own inner wisdom and inner medicine.





From *Evolution of Organic*. Still courtesy of Vancouver International Film Festival.

VIFF evolving by involving

by Robert Alstead

under executive director Jacqueline Dupuis, keeps a watchful eye on the cinema's shifting sands.

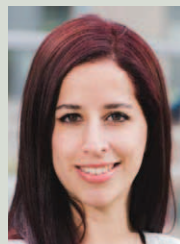
This year's VIFF program (September 28 to October 13, viff.org) builds on the changes introduced last year under the "Films Plus" banner with 'creator' talks, Virtual Reality events and nights that combine live music from local bands and the moving image. This year also sees a red carpet screening of award-winners from the Toronto-based Buffer Festival, a showcase for "elevated" YouTube storytelling.

While culturally speaking it's not on the scale of Amazon swallowing Whole Foods, purists may recoil at the creeping influence of internet giants like Google on film festivals. Well, VIFF has a film for you. The excellent and evenhanded documentary *You're Soaking in It*

shows how the "math men" (and women) behind targeted advertising are working hard to know you better than you know yourself. Trading oceans of user data in a barely regulated marketplace, corporations have developed an invasive, or highly personalized, depending on your view, model of advertising whose reliance on brute computing power makes the golden age of intuitive, brand-oriented advertising look like art.

Scott Harper's comparison of Madison Avenue versus Silicon Valley is a fascinating one, touching on many disconcerting aspects of our brave new world. It asks important questions about current practices like the risk of de-anonymized data falling into the wrong hands or using facial recognition software to interpret, in real time, our emotional response as we gaze up at the big screen.

Moving from the evolution of advertising, the upbeat *Evolution of Organic* charts the history of organic farming in North America from a bunch of "ragtag hippies" pioneering biodynamic growing tech- *continued p.17...*



Independent Media Marie Aspiazu

MEDIA

Bill C-59 will help safeguard privacy But more needs to be done

After over two years, the federal government finally delivered on a long overdue promise: namely, the reforms to the draconian Harper-era gem, Bill C-51. These proposals, set out in the National Security Act 2017, or Bill C-59, were published after a tireless, nationwide movement calling for the full repeal of Bill C-51 and a lengthy national security consultation that began last fall.

Amongst the top reforms called for in Bill C-51 were stronger oversight and accountability measures, rolling back expanded powers for the Canadian Security and Intelligence Service (CSIS) to conduct police activities, repealing provisions for broad information sharing between government agencies and rejecting mandatory data retention laws for telecom companies.

But did Bill C-59 go far enough to address the top privacy concerns of Canadians and tackle the many other deeply troubling aspects of C-51? Or is it just a half-baked measure by a federal government seeking to claim it did its part while leaving some of the worst pieces of C-51 lurking beneath the surface? The answer lies somewhere in between.

Bill C-59 is undoubtedly a positive step toward safeguarding the privacy of Canadians, as it includes encouraging reforms such as a new pan-government review body for our spy agencies and a much narrower definition of "terrorist propaganda," so that this term no longer encompasses activities like peaceful protest and artistic expression.

However, it falls short of addressing some of the most serious concerns associated with Bill C-51, namely information sharing and police powers for CSIS. This is particularly disappointing, given the national security consultation revealed Canadians have significant concerns related to the sharing of sensitive data with foreign governments. Furthermore, broad powers for CSIS to collect and retain "publicly available" datasets went woefully unaddressed.

There was also no mention of measures to protect Canadians from invasive mass surveillance devices like Stingrays or proactive measures to protect encrypted communications, which have become essential for many of us in our everyday lives and critical to our digital and economic security.

Overall, the reform leaves worrying gaps that indicate the new legislation fails to give Canadians the pri-

vacuity standards they've been asking for in an era where privacy is under constant threat by both government agencies and powerful corporations.

More importantly, despite C-59 making some progress on privacy, it remains clear Canadians are still hungry for a full repeal of C-51 and won't be satisfied with half-measures. What is certain is that C-59 will have to be substantially improved to give Canadians the robust privacy protections they deserve. And there is an opportunity for this to happen through amendments as the bill goes to committee in the fall.

There's no doubt this will be near the top of MPs' to-do list when Parliament returns. Use OpenMedia's online tool to message your MP with a simple click at <https://act.openmedia.org/ProtectPrivacyC51> and ask them to fill in the current gaps and strengthen our privacy protections.

If we flood our MPs' inboxes before they resume Parliament in the fall, they will not be able to turn a blind eye to our pressing concerns on C-51. Canadians can speak out at act.openmedia.org/ProtectPrivacyC51

Marie Aspiazu is the social media specialist at open media.org

What a Life! Bob Turner

(August 19, 1944 – September 5, 2017)

by Joseph Roberts

The phone rang early in the morning. On the floor, between it and me, lay a brightly coloured business card with “ALL ONE!” written in large capital letters. Wondering where it had come from, I reached for the call. A voice from the past, Alex – a friend of Bob Turner for 45 years – reported the bad news: “Bob is dead!” Shocked, my mind raced, as the finality of the word “dead” sunk in, followed by tears. And questions of how could it be?

Bob was many things to many people. His Facebook page is huge testament, populated by real people, the type that appreciated the depth and wit of a real human, an authentic artist, clearly perceiving those around him. The first time we crossed paths was 1966 at a Centennial High School dance. There he was, in the Black Snake Blues Band, grooving on the bass. Fast forward to the founding of Common Ground, in 1982. This Renaissance man in a van was hired to distribute our magazine. He laughingly and lewdly referred to himself as a “distabator.” His insights on society, art, music, people, politics, habits, continued unabated for decades. He was my go-to person for advice on distribution, music, parenting, and life in general.

Bob had a degree in early childhood education which he said, helped him understand us so-called adults. With disarming comments, always ready for the next round of jokes, he found his way into the hearts of most wounded adult children who crossed his path.

He did a stint as Artist in Residence at SFU. His home was a working artist studio two blocks off The Drive. And he befriended a stray cat that would only relate to him.

If you knew Bob, you understand why so many loved him and grieve his loss. I can go on and on, but I won't. Let me pass the pen to another person who



Photo of Robert James Turner by Alex Bruhanski, on Bob's 73 birthday August 19, 2017. Photo forwarded by Bob to Alex August 21.


worked distributing magazines as Bob's swamper and was with him the day he died.

Co-worker Paddy Kellington wrote : “My dear friend and the nearest thing I ever had to a real father (although HE would have laughed at the description) Bob Turner, died, September 5th. He wasn't feeling well, so I made him stop and go home, although I thought Emergency would have been a better choice. I stayed with him to make sure he was comfortable.

Shortly after 6, Bob simply fell asleep, and became non-responsive. I called Emergency, and as instructed, did CPR until the ambulance arrived. They couldn't revive him. I am deeply shocked, deeply saddened. I had always thought being parentless, I'd be spared from this particular species of grief. Looks like I am not. He was a brilliant man, a great human...even if his sense of humour would have made a middle schooler wince. He was a great artist, and a great support and mentor for other artists, or frankly anyone who was genuine and struggling to articulate their voice.

He was remarkably patient, even with my rather reactive emotionalism (Bob was a pragmatic existentialist) and known for his ability to deal with near anyone or anything with humour and wit. I probably laughed with him more than with any person I have ever known. I cannot believe we will never share a warped joke, or ridiculously satirical take on life, the universe, and everything else.

Including, of course, ourselves.

No words are enough for a life as full as his, as quietly influential as his. Someone else who is more eloquent will, I hope, speak to the life of this very human and remarkable man. I am proud to have had his friendship. I loved the man. I will miss him. 

Samples of his work are located at turnercom.com <https://m.youtube.com/user/TheMidniteComposer>

...*Native land* from pg. 9


legislature, the most reasonable number of seats would be four. Among other things, granting BC's indigenous peoples such a guaranteed seat allocation would give something they've never had: actual voices in the province's legislature.

But for such a proposal to work, the four aforementioned MLAs would need to be directly elected by BC's indigenous people in a manner they deemed fit. For example, they could opt to vote using a preferential ballot from a province-wide list of indigenous candidates, and/or the province could be divided into four electoral districts representing four distinct geographical regions, such that

each indigenous MLA would represent a single region.

Either way, provincial legislators need to be open to what First Nations themselves prefer, as might be expressed during anticipated electoral reform committee hearings. As such, and as a gesture of good faith, the next legislature should only consider drafting *enabling legislation* that would give indigenous peoples the latitude to tweak their own representational approach as they deemed fit over time.

Moreover, by giving indigenous peoples some say in the formulation of our laws, we in the non-indigenous majority would be doing something more: We'd *tangibly* demonstrate a sincere effort to reconcile with First

Nations people in a fair and transparent way, an effort that could well serve as a model of what might later follow in the rest of Canada. After experiencing more than a century and half of social injustice, our indigenous brothers and sisters deserve no less. 

Paul H. LeMay is a Vancouver-based independent writer specializing in psychology and politics. He once worked as the special assistant to Senator Sheila Finestone and since 2006 has written commentaries for **The Hill Times** in Ottawa. He also co-authored two books, with a psychiatrist, on the victimization process and the evolution of the human mind-brain system entitled **Primal Mind, Primal Games**.

common ground

We offer frequency bonuses
three sizes of listings
and a wide range of categories

To book your listing email
editor@commonground.ca

resource directory

the best place to be



- Art & Music • Business Services • Education & Certification
- Health & Healing • Intuitive Arts • Nutrition • Communications
- Psychology, Therapy & Counselling • Restaurants

ART & MUSIC



YES YOU CAN SING!
Lynn McGown
singing teacher /
vocal coaching

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided

to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca

BUSINESS SERVICES



AXLE ALLEY
AUTO REPAIR / SURF SHOP
www.axlealley.ca

Locally owned and operated since 1992
Government Licensed mechanics
Centrally located near the VCC Skytrain Stn
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

• *Keeping your old car a few more years could save you thousands of dollars*

Hours: Monday - Saturday
8 AM - 5 PM
2055 Clark Drive
Vancouver, BC

• *Check out our website for 43 free downloadable fuel saving tips.*

Book an appointment online.
www.axlealley.ca
604-875-9988 604-255-TIRE
axlealley@hotmail.com



mimi lauzon
Conscious Dating Coach
& Matchmaker
cell 778.871.3175

Looking for lasting love? Finding your special someone can be frustrating and time-consuming, but with the right understanding, outlook and support, the process can be fun, enlightening and quick! A full-spectrum approach. Backed by years of experience as a Professional Coach and Matchmaker. Call today for a free 30-minute consultation.



HUCKLEBERRY
BABY SHOP

Gentle Choices for Eco-friendly Families:
Cloth diapers, Baby Carriers, Baby Gifts, Cloth Diaper Trial Program, Gift Certificates, Workshops & much more. **Shop Online.**
NEW LOCATION: Country Club Centre, 9-3200 North Island Highway, Nanaimo
Cristi Lundman: 250-585-5552
www.huckleberrybabyshop.com

EDUCATION & CERTIFICATION



Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only \$5,500US. Part-time (12 month) and Full-time (7 month)

programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm

ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemaui.com



PACIFIC
Institute of
REFLEXOLOGY
Most courses tax deductible

Reflexology Training Courses
Reflexology is taught as an intuitive healing art for professional practice, or, for use with friends and family. Courses provide structure that allows you to develop your own intuitive sense in your reflexology practice. We have a holistic orientation.

Holistic Reflexology: An Introduction -

Informational evening talks: **\$10. See Datebook.**
Basic Foot, Hand or Ear Reflexology Certificate Weekend Courses - Twenty hours expert instruction, plus 40 hours practicum and 10 hours home study prepare you to practice reflexology competently. \$375.
Advanced Reflexology Certificate Courses - Expand your knowledge and develop your

effectiveness to a professional level. \$375. Courses offered year round. *See Datebook.*
Courses accredited RABC, and RAC.
Pacific Institute of Reflexology
535 West 10th Ave. @ Cambie, Vancouver
604-875-8818 / Toll free: 1-800-688-9748
www.pacificreflexology.com
Email: chrisshirley@pacificreflexology.com

PACIFIC Institute of REFLEXOLOGY

Reflexology: The Core of Natural Healing

Reflexology is practiced as a potent, safe way to free you from stress and tension, and relieve your pain and discomfort. Stimulation of your foot, hand or ear reflexes will deeply relax you to revitalize your whole body, and thereby facilitate natural healing. Let us tailor-make your session to address your unique

health concerns and preferences.

Our holistic approach can assist you to address the source of your disease or discomfort, and/or, simply indulge in blissful relaxation. Our sessions enable you to embrace your natural health and vitality. Reflexology safely complements all other therapies.

One-hour private sessions: \$65, or 5/\$275.

Student Clinic: Tuesday evenings. Rejuvenate yourself, you deserve it!!! **1hr sessions only \$25. Books, charts and self-help tools available.** Enquire about franchise opportunities.
Pacific Institute of Reflexology
535 West 10th Ave. @ Cambie, Vancouver
604-875-8818 www.pacificreflexology.com
Email: chrisshirley@pacificreflexology.com



Wellspring Vision Improvement Program

Making a positive difference

Dr. Weidong Yu

www.TCMRP.com

Wellspring Vision Improvement Program (WVIP) was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be

beneficial for patients with conditions such as:

- * Retinitis Pigmentosa
- * Macular degeneration
- * Glaucoma
- * Eye Bleeding
- * Red eyes, Dry eyes
- * Eye fatigue
- * Far sightedness
- * Blurry Vision

For appointment, please call 604-737-7876
Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC

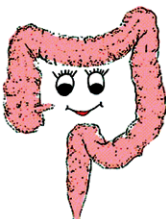


Support your health in a natural way.

Doterra's pure and effective essential oils are revolutionizing the way people manage their health. **Certified Pure Therapeutic Grade** essential oils can help support your mood, sleep, immunity and lessen the effects of stress, anxiety, pain, allergies and so much more.

Call or email me now to book a **Free 30-min consultation** where we'll discuss how essential oils can help with your health and wellness goals. I look forward to hearing from you.

Jocelyn Baerg
604-313-2251
Cullumj@gmail.com
Receive a free oil at your appointment



THE HAPPY COLON

since 2000

Elena Lopez

I-ACT certified
colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).
By appointment only: 604-525-8400
360 - 522 7th St., New Westminster, B.C.



Red Rose Healer

Red Rose Healing, an ancient Sufi Healing technique using Divine Spiritual Power to remove suffering from negative energies causing physical and mental sickness. Healing done in person or long distance.
redrosehealer.com
rabihs@shaw.ca
604-418-1673

INTUITIVE ARTS

DR. ANNE MCMURTRY Channelled Readings, Reiki & Crystal Healing

ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. 604-734-8219 VANCOUVER

*By perseverance the snail
reached the ark.*

– Charles Spurgeon

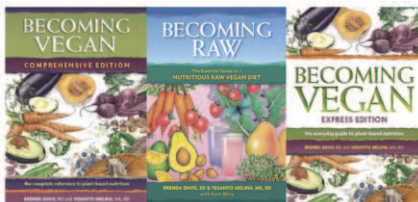
COMMUNICATIONS



**Information
to change the world**

Free online library with 20,000+ articles, books and films about justice, freedom, and democracy. Focus on creating alternatives and working together for a better world. Plus social justice calendar, directory of groups and websites.
www.connexions.org

NUTRITION



Lead author Academy of Nutrition and Dietetics current vegetarian position paper; and of award books on plant-based nutrition **Becoming Vegan: Comprehensive Edition** and **Becoming Vegan: Express Edition** both with Brenda Davis. Online & bookstores.
www.becomingvegan.ca



Consultation with dietitian/author Vesanto Melina. (\$295 for 2-1/2 hours) includes personalized nutritional analysis; recipes; menu planning. For busy people; pregnancy; children, seniors.
vesanto.melina@gmail.com
778-379-5377 www.nutrispeak.com

PSYCHOLOGY, THERAPY & COUNSELLING



Therapy of the Whole Person

John Arnold Ph.D.

Therapist /
Counselor since 1975
604.261.2788

**Only by Working With the Whole Person
Can You Achieve Truly Permanent and
Effective Change.**

If problems and issues keep popping up in your life and you are STILL STUCK, it is

because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered and resolved.

If you are fed up and want to do something radical about your predicament, give me a call 604-261-2788 or visit my web page at www.johnarnoldphd-reichianandyogictherapist.com/



ARE YOU READY FOR A CHANGE?

Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!

Success Coaching
Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counselling practice. Lorraine gently guides people in the process of transformation, assisting

them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.

778-331-8860 transformance@mac.com
www.creativetransformations.ca

PARLEY
POSITIVE LIFE CHANGE
www.parleyservices.ca
604-868-5586

Behaviour Analysis is a scientifically proven alternative to medication.
ABA creates lasting change with mental health challenges, partnering therapy with technology and data. Don't just talk about your problems, change your life. **Book a free introductory session on our website.**



Louise Evans
B.A., M.ED., C.H.T., R.C.C.
Hypnotherapy & Counselling

SEPTEMBER SPECIAL

Two treatments for depression for the price of one.

Treatment that's affordable, fast and effective. Clinical hypnosis. Extended health coverage. For other issues addressed see Sparkhypnotherapy.com
Phone 604.773.5595 or 604.522.0257

RESTAURANTS VEGETARIAN



"Great Food, Anytime!"
Open
24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner.
2724 West 4th Ave. 604-738-7151.

Life Between Lives™



Past Lives & Spiritual Regressions
Rifa Hodgson, CCHT
The first certified & practicing LBL therapist in Canada
1-888-606-TIME (8463)

"For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges." - from "Journey of Souls" by Dr. Michael Newton, LBL Founder.
Offices: West Vancouver and Gibsons
rifa@lifebetweenlives.ca
www.lifebetweenlives.ca

RESTAURANTS

EAST IS EAST
EXPERIENCE THE EAST WITH YOUR TASTE BUDS
3243 West Broadway 604-734-5881
Moving from current location in early fall to 3035 West Broadway (Formerly Calhoun's)

"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumpers to publishers, hippies to generation whatever, this place has special appeal." - Owen Williams, *Common Ground*
Visit our other location
4433 Main Street @ 28th 879-2020



Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West End's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver 604.872.8779 www.nirvanarestaurant.ca

...VIFF from pg. 13

niques in the 1960s, to a global movement trying to scale that holistic idealism to industrial levels. The film is on firmer ground when establishing its rebellious roots as a response to pesticide reliance in the post-war years. "It smelled like the earth was meant to smell like," remembers a grape grower after going organic. Ruddy-faced farm folk are good company, and archive material reveals it was fun, felt good and the food tasted better. As director Mark Kitchell brings the story up to the modern day, it becomes clear there's enough material to create a whole television series, whether it be the Nigiri project using harvested rice fields as salmon nurseries, ranchers using Allan Savory's earth-renewing, grazing systems, or the no-tillage practices that could help fix climate change. Leaves you wanting to dig deeper.

As VIFF pushes further into the digital arena, it's also shoring up its role as a platform for homegrown talent. VIFF kicks off with Vancouver director Mina Shum's *Meditation Park*, described as a bittersweet comedy starring Sandra Oh and Don McKellar. It tells of a Chinese-Canadian mother who embarks on a voyage of self-discovery in East Vancouver after discovering a woman's thong in her husband's pocket. The opening gala is part of a federal government initiative, Movie Nights Across

Canada, marking 150 years of Confederation.

Bound to be well attended are the 12 BC films competing in the "Sea to Sky" strand (hashtag #mustseeBC),



Evolution of Organic charts the history of organic farming in North America from a bunch of "ragtag hippies" pioneering biodynamic growing techniques in the 1960s, to a global movement trying to scale that holistic idealism to industrial levels.

including films like *On Putin's Blacklist*, a sprawling documentary that looks at how Russia's ban on North American adoptions has hurt potential foster parents

and children in Canada. Dissident Ilya Ponomarev, the only member of the State Duma to vote against Russia's annexation of Crimea, provides fluid commentary on Putin's *modus operandi*, while emotional, firsthand accounts by grown-up foster children and activists, including Pussy Riot, bring home the impact of Russia's LGBT oppression.

A very different local film is *Forest Movie* by writer-director-editor Matthew Taylor Blais. The program notes are to be taken with a grain of salt; this is a concept film with little story and a very long, locked-off shot of some second-growth forest (looks like Pacific Spirit Park). Should be interesting with a live audience.

Song of Granite, an Irish/Canadian biopic, also likes to linger in its shots. Director Pat Collins uses the screen like a canvas to draw black-and-white scenes in the life of Irish *sean-nós* (old style) singer Joe Heaney, from his early upbringing in rural Galway to his later years in New York City before dying in 1984. The lead character is laconic and enigmatic, the dialogue spare and the solo songs given time to breathe and fill the room. A classic film festival film.

Robert Alstead made the feature documentary *Running On Climate*, www.runningonclimate.com

VIFF

Sept 28 to Oct 13
Discover viff.org



Evolution of Organic

Mark Kitchell

"Organic" has become such a garden variety term that few of us give much thought to how this movement might have originated. Consequently, Mark Kitchell's insightful documentary makes for engrossing viewing as it retraces the first steps of the motley, rebellious pioneers who thumbed their noses at chemical farming and set in motion a wave of change. Much more than just backstory, Evolution is essential viewing thanks to the glimpses it offers of the sustainable alternatives waiting on the horizon.

Proudly sponsored by **common ground**

Premier Partner



Premier Supporters



Events

For rates & placements email
editor@commonground.ca

**Walk for Reconciliation
in Vancouver Sept 24**

SEPT 15-17

The Manzanares Method Of Reflexology Science-Based Course with Dr. Jesus Manzanares: Open to all health/wellness practitioners & educators. Prerequisite: Basic Foot Reflexology Course. 9AM-6PM, St. Johns Ambulance, 6111 Cambie Street, Vancouver. Register at www.pacificreflexology.com or call 604-875-8818.

SEPT 22-24

Basic Holistic Hand Reflexology Certificate Weekend Course: \$375+ GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEPT 22-24

Death & Rebirth Beyond Time with Richard Waxberg & Deborah Kerner. At Krishnamurti Educational Centre of Canada. Beautiful oceanfront setting near Victoria. Register at www.krishnamurti-canada.ca Email programs@krishnamurti-canada.ca, 250-744-3354.

SEPT 23

Breath As a Path to Freedom with John W. Davis. 10AM-7PM, Eagle Power Retreat House, Birch Bay, WA. Registration \$166. RSVP or questions: contact John's assistant Emily: 509-435-7920, energenesis.net

SEPT 24

Join the 2017 Walk for Reconciliation in Vancouver – A positive movement to build better relationships among Indigenous peoples and all Canadians. 9:30 AM: meet at 650 Cambie Street. The Walk follows a 2km route from Cambie St. and Georgia St. to Strathcona Park. Reconciliation Expo: 10:30AM-3PM: Gather at Strathcona Park for the Reconciliation Expo, featuring a series of Indigenous and multi-cultural performances and a keynote speech. www.reconciliationcanada.ca

SEPT 27-OCT 1

One Heart: Weaving a Tapestry of Inter-Spiritual Community. A retreat with Mirabai Starr, world-renowned author and teacher. Cowichan Lake, Vancouver Island, www.contemplative.org

SEPT 28

Maitreya, The World Teacher For All Humanity is Here: 7PM: Free multi-media presentation, VPL,

350 W. Georgia, Peter Kaye Room.
Share-International.ca, 1-888-278-8272.

SEP 28-OCT 13

The Vancouver International Film Festival (VIFF) is one of the largest film festivals in North America. Ticket info at viff.org

OCT 4

Clearmind presents "REAL - The Power of Authentic Connection" with Duane & Catherine O'Kane. Plus: "Getting to Know Our Basement – An Intimate Storytelling Circle." 6:30-9:15PM, Unity of Vancouver, 5840 Oak St. \$20/door or bring display ad for free entry. www.clearmind.com

OCT 4, NOV 1

Full Moon Meditations: A High Point of Spiritual Energy – A free multi-media introduction & Transmission Meditation. 7-9PM, St. Paul's Church, Labyrinth Room, 1140 Jervis St. www.share-international.org

OCT 6-9 & 11,12

Tummo Inner Fire (Retreat). Bliss for Awakening (Lecture). Bliss Meditation (Workshop). Teachings by Tulku Lobsang, Tantrayana Buddhist Master & Doctor of Tibetan Medicine. See display ad in this issue. www.tulkulobsangna.org

OCT 13-15

Indian Head Massage Weekend Workshop with Susan Allen. Course fee: \$395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

OCT 20

Soul Passages with Death Doula Sarah Kerr. 7-9PM. Tickets & info: banyen.com, 604-737-8858.

OCT 20-21

T&T Spiritual & Wellness Connections Presents Psychic & Wellness Event. October 20: 4-9PM & October 21: 10AM-8PM. Location: Best Western Coquitlam, 319 North Road. Readers, Healers & Vendors + Door Prizes & Raffles. Visit: tandtvancover/fair for more details.

NOV 3-5

Rekindling the Black Pearl: A Shamanic Sexuality Workshop for Women with Shamanic Practitioner Sheryl Watson. Unapologetically claim your authentic sexual essence and reveal your true colours and deepest truth. Become effortlessly powerful, irresistibly magnetic, mysterious and luminous. Location: Vancouver. Register at: www.rekindlingtheblackpearl.com or call Sheryl at 604-220-9265. (See Sheryl's bio on website).

NOV 11

Free Open House - Institute of Holistic Nutrition (Vancouver): Course/Career opportunities, exhibits, lectures & more. 9-5 PM, 604 West Broadway, Ste. 300. 604-558-4000. See display ad in this issue. More info at www.instituteofholisticnutrition.com

NOV 24-29

A 5-day Healing Intensive with Scott Kiloby (www.kiloby.com). At Krishnamurti Educational Centre of Canada. Beautiful oceanfront setting near Victoria. Register at www.krishnamurti-canada.ca Email programs@krishnamurti-canada.ca, 250-744-3354.

DEC 2-3

Become a Certified Life Coach or Executive Coach: In Vancouver. This 2-day intensive will teach you everything you need to know to succeed. Only Certified Coaches Federation graduates earn the esteemed Certified Life Coach Practitioner designations. Register at 866-455-2155 or 403-389-1190 or www.certifiedcoachesfederation.com

ONGOING

Experience a Shamanic Power Initiation at a FREE Open House in Vancouver: SEPT 14 & OCT 11: 7:30PM. FREE ONLINE Open House: OCT 17, 7PM. Hosted by the Institute of Shamanic Medicine. RSVP by email to info@shamanicmedicine.ca www.shamanicmedicine.ca

Forest Bathing & Guided Land Journeys: Mindful walking tours for deep nature connection, personal growth & healing. In Victoria, BC. www.elementalmagick.ca

SEPTEMBER SPECIAL: Two treatments for DEPRESSION for the price of one. Treatment that's affordable, fast and effective. Clinical hypnosis. Extended health coverage. With Louise Evans, sparkhypnotherapy.com, 604-773-5595 or 604-522-0257.

Your Happiness Matters. Through our unique method of self-reflection you can become the Eternal Living Truth. Please call 604-516-0709 to arrange your free introduction. MeditationVancouver.org

TUESDAYS

Love Peace Harmony Evening: Join us to chant for World Peace, 7-9PM, Soul Mind Body Centre, 9-1128 West Broadway, Vancouver. 778-379-9920, SoulMindBodyCentre.com

Reflexology Student Clinic: Enjoy a 1-hour appointment with a well trained student for only \$25. Tuesday evenings only. Contact: (604) 875-8818 or chrisshirley@pacificreflexology.com

THURSDAYS

Women's Sufi Circle: A Contemporary Study of Ancient Wisdom. A time to connect with your heart, revive your spiritual being, discover hope and understand the purpose of your life. Starting September, Thursdays 7-8:30PM. False Creek, Vancouver. RSVP nadia@pureintentions.net

EAST IS EAST

LIVE MUSIC AT MAIN
4433 MAIN ST (@ 28TH)

THURSDAY ~ GYPSY MUSIC
FRIDAY ~ PERSIAN AND FUSION
SATURDAY ~ FLAMENCO
WWW.EASTISEAST.CA

Classified

For rates & placements email
editor@commonground.ca

HEALING

PSYCHIC PHONE READINGS, HEALING
 MASSAGE, Medicated product & Guided
 Meditations with over 4 million YouTube views:
 Visit Kalawna.ca

KITSILANO COMMUNITY ACUPUNCTURE

SLIDING SCALE \$20-\$40. You pay what you can
 afford. 2948 W. Broadway, Vancouver. 604-428-
 1260, www.kitscommunityacupuncture.ca

MAID IN VANCOUVER

RESIDENTIAL, COMMERCIAL, MOVE-IN
 & MOVE-OUT, buffing & waxing floors and
 construction clean up. Rhonda Mohninger, www.maidinvancouver.com 604-396-3686.

RETREATS

SWANWICK CENTRE, Victoria – An oasis for
 contemplation, healing and awakening: personal
 retreats and group rentals. For more information,
 contact Ralph Tiller, Program Manager:
programs@swanwickcentre.ca

ROOMS FOR RENT

BEAUTIFUL SEMINAR/MEETING ROOM in
 natural healing centre near Broadway/Cambie
 intersection for rent evenings, weekends and
 weekdays. Very reasonable rent. Pacific Institute

of Reflexology. www.pacificreflexology.com
 (604) 875-8818.

SUITE OF TWO HEALING/CONSULTING ROOMS
 available part-time or full-time in well established
 (30 years) natural healing centre in central
 location near City Hall/Canada Line Stn. Very
 reasonable rates. Visit www.pacificreflexology.com
 or call 604-875-8818.

SHAMANIC HEALING

SHAMANIC HEALING AND COACHING:
 Relationships, work, emotional balance,
 finding meaning and purpose, rediscovering
 joy. One-on-one/groups – Drum journeys,
 Book of Life readings, chakra balancing,
 karma releasing. See testimonials on website.
sonyaweir@uniserve.com 778-227-2939 www.eaglefireshamaniccoaching.com

VIDEO & PRINT PRODUCTION

FULL PRODUCTION SERVICES: graphic design,
 prepress, motion graphics, video production,
 script development. Specializing in education,
 sustainability, music. www.perubluesky.ca

WELLSPRING BOWEN THERAPY

BACK/HIP/NECK PAIN, MIGRAINES,
 fibromyalgia, sleep issues & more; Bowen can
 help. First session \$35 (Reg. \$80). First 3 sessions
 \$135. Limited time offer. www.wellspringbowen.com, 604-727-0262.



COME CHECK OUT OUR NEW **GRAND BUFFET**
 AT OUR NEW LOCATION
New India
 BUFFET BAR & RESTAURANT
 901 West Broadway
 604-874-5800
www.newindiabuffet.com



Forest Bathing & Guided Land Journeys
 Mindful Walking Tours for
 Deep Nature Connection
 Personal Growth
 & Healing
 Elemental Magick Holistic Adventures
www.elementalmagick.ca
 Victoria, BC



DREAM DESIGNS
 Organic natural healthy sleep
 Designed & made
 in Vancouver, BC
 since 1981
 Linens | Mattresses | Beddings | Bath | Yoga | Baby
 Thoughtfully designed and meticulously crafted
 from premium organic natural materials. Healthy,
 comfortable, ecological, and long lasting.
 Manufacturing . Wholesale . Retail
 2749 Main St. 604.254.5012 dreamdesigns.ca

BANYEN books & sound

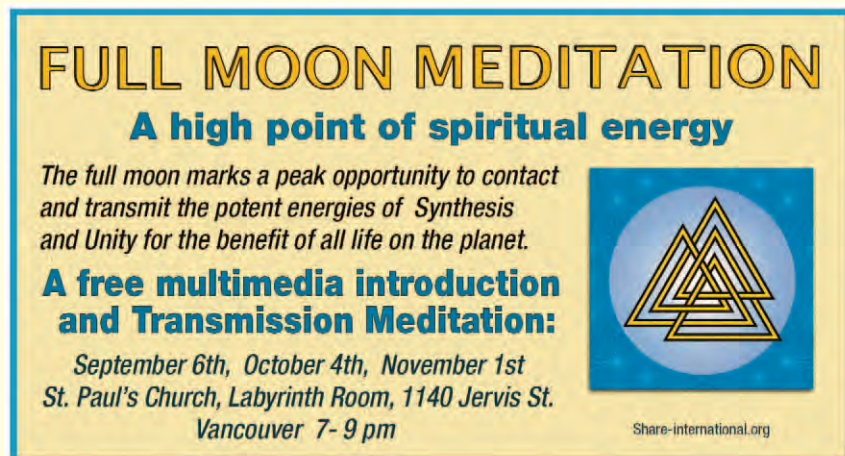


RAFAEL RUIZ
FAMILY CONSTELLATIONS
 WED, SEPT 13 | 6:30-8PM
 FREE TALK AT BANYEN



SOUL PASSAGES with
DEATH DOULA SARAH KERR
 FRI, OCT 20 | 7-9PM
 tickets & info at banyen.com

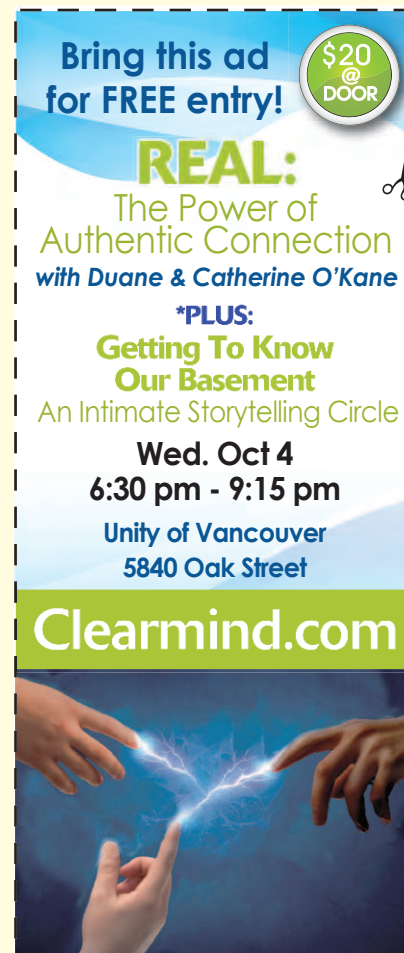
banyen.com 604-737-8858



FULL MOON MEDITATION
 A high point of spiritual energy
 The full moon marks a peak opportunity to contact
 and transmit the potent energies of Synthesis
 and Unity for the benefit of all life on the planet.
**A free multimedia introduction
 and Transmission Meditation:**
 September 6th, October 4th, November 1st
 St. Paul's Church, Labyrinth Room, 1140 Jervis St.
 Vancouver 7-9 pm
Share-international.org



SHAMANIC HEALING
 WITH SHAMANIC PRACTITIONER
SONYA WEIR
 (778) 227-2939
sonyaweir@uniserve.com
IN VANCOUVER www.eaglefireshamaniccoaching.com



Bring this ad
 for **FREE** entry! **\$20 @ DOOR**
REAL:
 The Power of
 Authentic Connection
 with Duane & Catherine O'Kane
***PLUS:**
**Getting To Know
 Our Basement**
 An Intimate Storytelling Circle
 Wed. Oct 4
 6:30 pm - 9:15 pm
 Unity of Vancouver
 5840 Oak Street
Clearmind.com

ELECTION DAY
OCTOBER 14

VOTE GREEN

VANCOUVER BY-ELECTION



ELECT
PETE FRY

FOR CITY COUNCILLOR

- ✓ Better Governance and Better Government
- ✓ A New Deal, A Fair Deal for Housing
- ✓ Protecting Small Business and Local Arts
- ✓ Building a Smart, Sustainable City
- ✓ People as Priority

I'm running to be your City Councillor because when I talk to Vancouverites, they tell me that they want another Green Councillor they can count on to hear them. Someone who will protect our communities, our homes, and our jobs. Someone who will listen, and put public interest first. Electing a second Green to join Councillor Adriane Carr means Green motions can be seconded and publicly debated. Public accountability and transparency are improved.



**JANET
FRASER**

FOR SCHOOL TRUSTEE

Students are at the centre of our schools, and our schools are the hearts of our communities. With every decision, your Vancouver Green School Trustees will focus on the best interests of students, and work to create a school district that meets every student's needs.



**ESTRELLITA
GONZALEZ**

FOR SCHOOL TRUSTEE

- ✓ Fully Funded Public Education
- ✓ Safe Schools for Everyone
- ✓ Inclusive Schools Supporting Vulnerable Students
- ✓ Financial Stability and Transparency
- ✓ Sustainability in Schools



**JUDY
ZAICHKOWSKY**

FOR SCHOOL TRUSTEE

FOR A BETTER VANCOUVER. VOTE GREEN.

GREENS ARE THE ONLY ELECTED PARTY IN VANCOUVER THAT DOESN'T ACCEPT DEVELOPER DONATIONS. WE NEED YOUR HELP, **VOTE!**

green
PARTY OF VANCOUVER

ELECTION DAY OCTOBER 14 8AM-8PM
ADVANCE VOTE OCTOBER 4/10 8AM-8PM
Authorized by John Whistler Financial Agent 604-689-9200

www.green17.ca
VOLUNTEER AND HELP US WIN!
office@vangreens.ca 604-689-9200